

# GOVERNMENT OF THE DISTRICT OF COLUMBIA

## Office on Aging



## PRESS RELEASE

**FOR IMMEDIATE RELEASE**

Wednesday, July 2, 2014

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### **DISTRICT SOUNDS HEAT ALERT FOR SENIORS**

*D.C. Office on Aging urges District residents age 60 and older to stay cool*

(Washington, D.C.) - A heat advisory has been issued for the District of Columbia beginning at noon today with heat indexes expected to reach over 100 degrees. The D.C. Office on Aging urges seniors to take advantage of cooler surroundings during this period of high temperature and high humidity.

Older persons should avoid mid-day sun which can be dangerous. If you must go out, please remember to take protective measures to ensure that you will not be affected by the extreme temperatures by remaining in shaded areas, wearing a wide-brimmed hat, light-colored and light-weight clothing, and drink plenty of water.

Seniors who do not have air-conditioned living quarters are encouraged to visit an air-conditioned senior wellness center, which operates as the District's senior cooling centers, during extreme warm temperatures. To receive relief from the heat, here are some important numbers to contact for assistance:

#### **SENIOR RESOURCES, SENIOR COOLING CENTERS AND INFORMATION**

**Call (202) 724-5626**

#### **LOCATION OF PUBLIC COOLING CENTERS**

**Call (202) 727-6161**

#### **SENIORS NEEDING ENERGY COST ASSISTANCE**

**Call 311**

#### **HYPERTHERMIA HOTLINE**

#### **FOR THE HOMELESS AND PERSONS AT RISK**

**Call (202) 399-7093**

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